

Outline of the basic structure and principles of the Mizuumi ryu system

Mizuumi ryu Karate is a hybrid style dedicated to the development of body, mind, and spirit. The nucleus of the style is formed by Heiwado Karate (the style founded by Japan International Karate Center) and Boxing, with influences from grappling arts. The goal is not to promote it as any kind of "best" or superlative style, but simply as my own unique approach to existing traditional martial arts. The major goals are to help students improve their self defense skills, develop confidence and discipline, and boost their fitness and health. We basically try to help all of our students become better people overall, and believe that helping the community in selfless love is the best of all.

The primary physical goals of Mizuumi are to teach students traditional martial arts, practical self defense skills, good health habits, and progressive calisthenics techniques for training the body as one holistic, functional unit. Mizuumi emphasizes a well rounded approach that teaches the body mechanics behind martial arts and exercise techniques. 'Nekoashido' - or, 'Way of the Cat's Foot' - is Mizuumi ryu's 'cat style' sub-system. It contains a set of technical drills intended to help students develop cat-like agility, economy of movement, and skill in as many techniques as possible.

Mizuumi ryu Karate aims to train students mentally through the discipline required to obtain proficiency in martial arts and advanced exercise techniques. The Mizuumi ryu curriculum also heavily encourages students to engage in ongoing personal research to further expand the mind, as well as learn 'self coaching skills'. This way, students learn not only how to train the body, but also the mind.

Mizuumi ryu Karate also aims to help each student spiritually. As students learn the dedication and discipline required to become better martial artists, they also learn how to make lifestyle changes that are beneficial to training. This includes proper rest and nutrition, stretching, meditation, good mental habits, and learning or developing loving-kindness. As students progress in their training, they learn how to become better partners for their fellow students, instead of practicing competitively. Students are taught to put their partners' benefit above their own. The primary spiritual goals of Mizuumi ryu are having compassion, resolving violence with loving-kindness and without harm, and living in harmony with others.

Ultimately, with the above goals in mind, the ideal of the Mizuumi ryu style is to dedicate oneself every day to become the best possible in every situation. This is not just for martial arts training, but also for every area of life. We should actively seek out the best, most natural solution for all parties involved - while actively seeking to never use force or conflict.

The articles mentioned below detail the essential concepts, techniques, drills, etc. of Mizuumi.

“In Pursuit of Perfection” series of articles – describes the basic philosophy and conditioning, as well as the 'Nekoashido' sub-system.

Outline of the Mizuumi ryu Karate Approach – concisely details the Mizuumi approach to martial arts, life, and training.

Nekoashido in terms of the elements – describes various “attitudes”.

Kata article – basic bunkai (application) and principles for the kata on the Mizuumi syllabus

Progressive calisthenics – used to build coordination, strength, overall athleticism, and mental toughness. Various articles are available.

Techniques and drills – detailed in “Basic Techniques and Drills” and “One Step Sparring – Karate Drills”.

Principles of movement – detailed in “Karate Principles for Self Defense”

Syllabus – details the progression of technique, knowledge, conditioning, leadership, and character development required of students of Mizuumi.

Other qualities and concepts taught as part of Mizuumi:

Perseverance, collaboration, community, good sportsmanship

The articles are part of the full book, Understanding Karate Do, which may be read for free at the site below -

<http://www.karatepdfbooks.com>